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From TRAGEDY to TRIUMPH

LDS Musician Finds His Soul in Bluegrass

Bluegrass musician and LDS convert James Reams and his band The Barnstormers (left to right: Michael Rolland, Dan Meyer, Billy Parker, James Reams, Evan Ward.)

Photo courtesy of Mountain Redbird Archive

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Triumph in Faith

LDS convert finds his soul in bluegrass against all odds.

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Editor's Note:

An unattributed article from our October 2016 issue, "92-Year-Old Graduates with her Second Master's Degree," was written by Beehive staff writer Cindy R. Williams.

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LDS Convert and Bluegrass Musician Finds His SOUL

Bluegrass musician James Reams has been a performer for over twenty years and founded James Reams & the Barnstormers in 1993. He has worked with musicians on both coasts and produced nine studio albums.

Photo courtesy of Mountain Redbird Archive

By Merry Gordon
The Beehive

Bluegrass musician and recent convert James Reams has seen some things in his 60 years.

His life so far has been an amazing journey that has taken him across the country, in and out of homelessness, through print shops and sweat shops, onto the stage, and finally, into the Church. All of this, James says, is integral to the music he creates.

"You can learn how to do scales and practice to a metronome, but to bring the music alive you've got to feel it deep down in your bones," he says. "There's just no school for soul."

And if there's anything James Reams has a lot of, it's soul.

Heralded as the "Ambassador for Bluegrass" due to his commitment to spreading the genre and other old-time music, his career spans over two decades and includes two International Bluegrass Music Association nominations, a stint at New York

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LDS Convert and Bluegrass

Continued from pg. 4

Photo courtesy of Mountain Redbird Archive

James Reams emcees the 2014 Park Slope Bluegrass & Old Time Music Jamboree.

City's famed Lincoln Center, and the chance to rub shoulders with some folk music legends. His band, James Reams & the Barnstormers, has released nine studio albums.

For someone so successful, James' story has a fairly inauspicious beginning. Seventeen and troubled, he moved to Florida with little more than the clothes on his back. Eventually, the money and the gas ran out and he lived in his car.

"I slept in that car until the lizards moved in, and I bathed at a nearby truck stop. Once the lizards infested the car, I decided to go to a rescue mission," he recounts. But the rescue mission proved only marginally better.

"They'd steal your shoes and wallet . . . anything you had," he says. "People regularly died at these places and I remember one time when an older gentleman died in the night in the bunk below me. That's when I realized that this way of living robbed you of any dignity."

For James, it was a wake-up call.

"It changed my life," he says. "I realized that I had to get serious about what I was going to do."

Like the prodigal son, he returned home, much to the joy of his family. He put himself through college by working security at night and doing seasonal labor in the fields by day. There he developed compassion for the downtrodden and the working poor, an empathy that would later lead him to bluegrass.

"That kind of experience can't be faked," he says.

Experience had a little more in store for James before he began playing professionally. After earning his college degree, he moved to New York City with the intention of taking up printmaking. He worked as an apprentice under a master printmaker from France, but money continued to be a struggle. Finally, he called home. A suggestion from his father led him to a steady job as a special education teacher by day.

By night, though, James was playing guitar—a beat-up, used instrument given to him by a customer in the print shop where he once worked. He played in Greenwich Village, where the folk revival was in full swing, and eventually landed a gig at Folk City. One connection lead to another, and a few years and a few guitars later, James found himself the leader of a bluegrass band.

For James, bluegrass just seemed like the logical outcome of so much life experience. Bluegrass is not, as James says, "museum music"—he sees it as a living, breathing amalgamation that crosses boundaries of gender, class, race, age.

"Like America, it's a melting pot," he says. "Bluegrass music incorporates a dab of Irish, Scottish, Welsh and English traditional music. To that mixture, add a dollop of African-American influence . . . Then stir it all together and pour it out over the mountains of Tennessee, Kentucky, Virginia, West Virginia and the Carolinas where the early settlers lived; let it bake for a few generations and what you end up with is the whole bluegrass pie."

In bluegrass, James heard the strains of early settlers and farm laborers, a life he knew well. He heard the songs of the working class mixed with jazz, blues and country and that "high lonesome" sound that even now, twenty years into his career, makes him wistful.

"One of the things that always attracted me to bluegrass music is that it accepts tragedy as a fact of life," James says.

It was a fact of life that James

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LDS Convert and Bluegrass
Continued from pg. 5

himself had to accept at the pinnacle of his career. Just when he had found commercial success as a musician, a disc pushing against his spinal cord threatened paralysis—and the permanent loss of his voice.

"It felt like everything had been taken away from me . . . . But I just kept on praying and believing," he says. With the aid of vocal exercises, James was able to regain his voice.

His celebrations, though, were short lived. As he recovered, his partner Tina was diagnosed with cancer and given only a few months to live. The pair waited for a miracle, but just 19 months later Tina passed away.

James, still in New York, was racked with grief as he put aside his music and tried to make meaning out of his life. An ailing mother led him to Arizona, and her eventual death pushed him farther into the abyss. Alone and drifting in an unfamiliar place, James found himself walking through the doors of an LDS chapel at the suggestion of a friend.

"What I found was loving acceptance. I was changed at that moment," he says. He learned that "God loves because of who God is, not because of who we are. And I am forever grateful for that love." James was baptized a member of the Church last summer.

Arizona is hardly the bluegrass capital of the world, but James found the music that he thought he'd put aside forever calling him back. He made new connections on the West Coast, and his 2016 concept album, Rhyme and Season, ensued.

"The title of the album is a play on the adage 'no rhyme or reason,' describing something that happens for no apparent reason. I included 'season' in the title because I've reached that season in my life when I can look back over all the things that have happened and recognize how far I've come," he says.

Ultimately, the surprise album, born out of loss and experience, was a way for James to reach out.

"Sharing these tragic events creates something extremely important to all our survival," he says. "It creates empathy."

For James, that empathy includes giving back. A procced of the album's profits will be donated to Circle the City, a local charity that provides healthcare for the homeless.

"I felt it was time to give something back, to acknowledge the journey that the Lord took me on to get me where I am today," he says.

It's been a wild ride for James Reams, and above all, he is grateful.

"I am so blessed to be doing what I love."

To discover James Reams & the Barnstormers, visit http://www.jamesreams.com/.

The current line-up of James Reams & the Barnstormers. From left to right: Michael Rolland, James Reams, Evan Ward, Dan Meyer and Billy Parker. Photo courtesy of Mountain Redbird Archive.

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WEDDING OF THE CENTURY FOR MESA COUPLE

By Diane Gordon
The Beehive

It was literally the wedding of the century! When Christina Henrie of the Central Ward, Phoenix East Stake, married David Barker in the Mesa Temple last June, the couple was blessed to have both maternal grandfathers as witnesses. A tender experience, but when you consider that both men are centenarians—that is, over 100 years old—it is remarkable!

When Christina and David met through a friend on Facebook, they already shared a heritage of faith, service, and longevity. Christina's grandfather, Don Zundel, is a 101-year-old Arizona native. Born in Thatcher in 1915, he witnessed Arizona transform from the rugged pioneer culture of the early 1900s into a thriving, modern state.

As a young man, Brother Zundel served a mission in Canada. After returning to Arizona, he worked for a time on the original survey crew for Luke Air Base, later for SRP, and finally the City of Phoenix, retiring in 1970.

Brother Zundel was married in 1945 to Helen Harris in the Mesa Temple. The couple had three sons and one daughter, Christina's mom. They were married for nearly 64 years until Helen's death in 2009.

When Christina's father was stricken by early onset Parkinson's Disease, Brother Zundel helped provide priesthood support and strength for Christina and her nine younger siblings.

"My grandfather is a very strong man, spiritually and in terms of physical endurance," says Christina. She admires his commitment to the Gospel. "We are grateful to have him as the patriarch of our family."

When asked how he accounts for his longevity, Brother Zundel says,

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Photo by Genevieve Hansen Photography

The happy couple with their grandfathers: (from left) Thomas Flenniken (age 102); groom, David Barker; bride, Christina Henrie; and Don Zundel (age 101.)

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Things to Do & See in Arizona

HometowN Tourist

Get to Know Fountain Hills

By Merry Gordon
The Beehive

About thirty years ago, Fountain Hills was barely a dot on the map. Now this once remote outpost boasts a population of over 23,000. With culture and art in abundance, there's no wonder the town encourages visitors to "get out of the valley and into the hills!"

"Fountain" by John Fowler via Flickr
The Fountain at Fountain Hills, spectacularly lit by an Arizona sunset.

Toss a coin

You can't miss the Fountain. A centerpiece of Fountain Park since 1970, the iconic column of water that is the Fountain dominates the skyline up to 562 feet. While the Fountain only operates at full height on select holidays (St. Patrick's Day, July 4th and Fountain Hills' Incorporation Day on December 5th), the jet still clears an impressive 330 feet every hour on the hour. Up to three pumps operate the spray, once celebrated by Guinness as the world's tallest fountain. While the Guinness category is now defunct, visitors can still be inspired by the Fountain and the surrounding 30 acre lake. Just don't sit too close to the spray—that pleasant mist on your cheek is reclaimed wastewater!

Get stage struck

The Fountain Hills Theater has been entertaining Northeast Valley residents for decades. Current season offerings include Joseph and the Amazing Technicolor Dreamcoat, running January 20th – February 5th, and Leading Ladies, running March 10th – 26th, while their youth theatre looks forward to 2017 performances of Dr. Doolittle, Jr., and Anne of Green Gables. Though small, the company packs a punch: Fountain Hills Theater actors, directors and technicians have won many coveted ariZoni awards for theatrical performances. The non-profit theatre also does arts outreach programs at local schools and hosts special events within the community.

Find a festival

Fountain Hills plays host to three big festivals throughout the year. The Fountain Hills Great Fair, now in its third decade, is a three-day, juried art event held in the winter. Thousands of annual visitors flock to Fountain Hills to enjoy food and drink, arts and crafts, and live musical entertainment. Not quite so old, the Thunderbird Artists Fine Art & Wine Affaire was established in 2003. Skip the wine, but go for the art, food and music to this outdoor festival with its "captivating mountain views," as its website touts. Finally, find a bit of luck on St. Patrick's Day when the Emerald Isle comes to the desert, complete with Celtic music, crafts, and a bright green dye job for the Fountain!

"Balera at Firerock" by Dru Bloomfield via Flickr
A golf course at Firerock, which features 18 holes in gorgeous desert terrain.

Hit the green

Nestled at the foot of the McDowell Mountains, Fountain Hills offers spectacular views from its golf courses. SunRidge Canyon was called one of the Valley of the Sun's "top must-play courses" by GolfNow. Eagle Mountain and Firerock Golf Clubs are also both local, and the We-Ko-Pa Golf Club (meaning "Four Peaks" in Yavapai, for the nearby summits) is just a few miles away on the Fort McDowell Yavapai Nation. Reserve a tee time now and soak up some of that famous Arizona sunshine—there's nothing subpar about it.

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The Holy Spirit Abounds as
INMATES ARE TAUGHT
the Plan of Redemption

By Robin Finlinson
The Beehive

When the Savior implores, "Come unto me," that our burdens may be lightened on Earth and we may enjoy exaltation afterward, does He extend that invitation to everyone?

Al Jensen think so. He is President of the church's Maricopa County Correctional Branch, presiding over approximately 11,200 inmates in the county's seven jails. Between 37 volunteer service missionaries and himself, the gospel is taught in one of the jails each day of the week.

President Jensen is starting his eighth year of service. His wife hopes he continues for the rest of his life, because he's happier than ever.

Elder Robert McKay has taught in the jail ministry nearly every week for 21 years. He says of his experience, "I've never been disappointed. Not once."

In each classroom where humble, incarcerated children of God seek light and hope, and the Lord's servants suspend all judgment and lovingly minister to them, the Holy Spirit abounds. Inmates often clap with indescribable joy as they learn that no matter what they've done, the Atonement of Jesus Christ has made it possible for them to be forgiven.

President Jensen doesn't prepare lessons. He prepares himself to teach by the Spirit by reading several chapters of scripture. He follows the counsel in Doctrine and Covenants 84:85, in which the Lord says, "Neither take ye thought beforehand what ye shall say."

One morning, Jensen read Moroni 8. He felt the prophet Mormon's frustration that children younger than the age of accountability were being baptized.

Later that day in Jensen's class in Estrella Jail, a woman became distraught. Other women consoled her as she sobbed. Finally able to speak, she asked a question that had burdened her for years. Would she and her son who died in infancy spend eternity in hell because neither had been baptized?

Being told and believing they were condemned, she had started drinking heavily to relieve her anguish. She wound up homeless and eventually in jail. Jensen assured her that she was about to receive wonderful news. Everyone followed along in their own copies of The Book of Mormon as he read Moroni 8:8-24 and they learned that "little children are alive in Christ" and they "need no repentance, neither baptism." The entire room was soon shedding joyful tears.

President Jensen has an effective way to teach about baptism, particularly to those who have been baptized in another church. Instead of saying that it must be performed with proper authority, which offends some and dispels their interest, he offers, "Let's see what The Bible says."

They read in John 3:5 that they must be baptized; in Acts 2:37-38 that repentance and baptism are requirements, enabling the gift of the Holy Ghost; and in Acts 19:2-6 that re-baptism is necessary to receive that gift. Why is it vital? Turning to 2 Nephi 31:13 & 17 and 3 Nephi 27:20, they learn that the Holy

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Photo by Robin Finlinson

Left to right: President Al Jensen, Area Authority Elder William Stoddard, Phoenix Stake President Steven Johnston, Sister Lucy Martinez and Elder Robert McKay at a jail ministry training meeting.

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Thanking Young Women of VIRTUE

By Allison Beckert
The Beehive

The young men of the Mesa Central Stake

Photo by Joe Free

Youth leaders hope for positive relationships between the young men and young women within wards and stakes. Mesa Central Stake youth did their part with an inspired video featuring their young men thanking the young women for their efforts at leading virtuous lives.

The video was requested by the Stake Camp Director via Brother Joe Free, their high councilor. He met with a select committee to discuss what they might to, and what their intention was.

"Our objective," he says, "was to give the young women a big thank you and do it in such a way that it would be able to bless more than just our stake."

Many other stakes have made videos, often lighthearted and goofy, in keeping with the fun of camp. Brother Free and his creative team were instead drawn to the idea of the young men reciting the young women theme. "We all looked at each other and knew this was what we needed to do," he recalls.

Once the vision was sketched out, the team had a deadline to meet. School was almost out for the summer and camp would soon follow. Leaders set a time early in the morning on a Saturday, invited all the young men of the stake, and were amazed to have over 100 young men turn out.

"This video was essentially shot in one hour," Brother Free says. "We started at 7am and let them go at 7:30. Others could optionally stay if they wanted to speak for the video." The boys not only participated, they arrived in their Sunday best, clean and well-groomed, to do their part.

Under the direction of Brother Free and Stake Young Men's President Shaun Henderson, the creative team behind the popular video enlisted top tier talent. Keaton Allen, creative director and videographer, was in the lead with ideas. Ted Sowards, noted event organizer and showman behind the annual Voices of Christmas community concert in Mesa, wore many hats as assistant creative director, editor, and videographer. James Adams lent his considerable videographic talent for the shoot, supported by Greg Porter, a skilled and well supplied drone flier who has done work for the Easter Pageant and the Mesa Temple.

To support their objective in blessing more lives than just those youth within their stake, the professionally finished video was posted to the stake's YouTube channel and Facebook page. The link has since been shared widely and Brother Free has been closely following the spread of its message.

"As of August," he says, "87% of the views have come from the US. Only 28% of the US views were from within Arizona." It's done well in Utah, California, Texas, and other states, as well as earning respectable viewership in New Zealand and the UK. "Our hopes that it would be useful to all seem to be coming true," says Brother Free.

You can find the video by visiting the Mesa Central Stake Youth's YouTube channel, or their Facebook page (@mesacentralstakeyouth) in their video collection. The video is a little over two minutes long and ideal for sharing with ward members, friends, and all young women.

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MESA TEMPLE GARDENS AND VISITORS' CENTER

Bring it all Together for Local Family

Photo Courtesy of Emily Boyle

Gene and Kate Romanof and their three youngest daughters (pictured here) were baptized in Cottonwood, Arizona, in April 2015.

By Emily Jex Boyle
The Beehive

Gene and Kate Romanof of the Valley View Ward both grew up in the Washington, D.C., area. They remember watching the "beautiful and mysterious" LDS temple go up alongside the Beltway. As a young girl in a Russian Orthodox family, Kate attended the open house with her parents. It left a lasting impression on her.

Later, after she and Gene married, they traveled across the country. As they went through Salt Lake City they spent an entire day on Temple Square. Kate says, "We were struck with the beauty." They received a Book of Mormon and Kate read most of it. 27 years later, their nine-year-old daughter acted as a driving force leading them individually and collectively to baptism this past spring in northern Arizona.

"The Eternal Family," Kate explains, "was one particular teaching that really drew us. Everything suddenly made sense. We felt so loved, not only by God, His Son and the Holy Spirit, but by our new church family."

The Romanofs recently moved to the East Valley and visited the Mesa Temple gardens and Visitors' Center for the first time. For each of them, the statue of Christ and the time spent near the temple were so meaningful. Gene says his first reaction was, "Wow, coming here just brings it all together."

Rhea, 13, shares, "It is so beautiful. I really feel the Holy Spirit here." Kate, who has a Ph.D. in world religions, says, "The surety that one was walking on holy ground was palpable when we were outside gazing at the temple, seeing its reflection in the pool. It exudes such an ancient holiness."

During the Christmas season, old and young are invited each year to join in that ancient holiness and celebrate the birth of Christ at the Mesa Temple Gardens and Visitors' Center. Thousands of volunteers help for months with work behind the scenes as well as en masse. In the first weeks of November volunteers put up hundreds of thousands of Christmas lights and sets. When referring to those who offer their time, Stacey Farr, Chairman of the Mesa Christmas

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Mesa Temple Gardens
Continued from pg. 11

Photo courtesy of Mesa Temple Christmas Lights Committee

The Christmas lights at the Mesa Temple draw thousands of guests each year to the grounds and Visitor's Center.

Lights, calls them, simply, "amazing." With all of the colorful lights and display however, Farr says, "it still does not compare to the brilliance of the temple." Certainly, the Romanof family can relate to that feeling.

The Christmas display is free of charge every evening from 10am to 10pm. Visitors can enjoy uniquely illuminated gardens and palm trees with lights everywhere they turn, a display of Mary and Joseph, and recorded messages in English and Spanish. The Visitors' Center is open to all. Wonderful displays of manger scenes made by artists from around the world are available for viewing. Every year, the Nativity display is made up of new sets. From December 1st until Christmas day, local musical groups perform nightly at 7:00pm for approximately 30 minutes on the grounds north of the Visitors' Center. For more information, see mesachristmaslights.com or go to the Mesa Christmas Lights and Concerts Facebook page.

Wedding of the Century
Continued from pg. 7

"genetics and the Word of Wisdom." Three of his 11 siblings also lived over a century.

David's grandfather, Thomas Flenniken, was born in Louisiana in 1914. He worked in the oil fields until he was severely burned in an accident. In 1944 he enlisted in the US Army and was trained in German and French. Towards the end of WWII he helped recover art works stolen by the Nazis. After the war, Brother Flenniken served with Border Patrol and Immigration in Arizona and California for 35 years.

In 1936, Brother Flenniken married Erma Meadows. They had a daughter, David's mom, and a son. Sadly, Erma passed away one week before their 50th anniversary. In 1986 he married Elizabeth Romney Johns and they were married for 23 years until her death in 2009.

Brother Flenniken enjoyed missionary work, serving for 2 ½ years as a Stake Missionary in California. Later he and his second wife served a mission to England. His commitment to the Gospel was evident in many callings, including serving on the High Council from the age of 86 to 93.

"My grandfather is one of the kindest people that I know," says David. "He will do anything for anyone." When David asked his grandpa for advice before the wedding, Brother Flenniken replied, "I don't think I am qualified. I lost both of my wives before I was done with them!"

At 97 he opened a Facebook account and when the wedding pictures were posted he was proud of having more "friends" than the bride and groom. Brother Flenniken attributes his longevity to "Pure dumb luck...and the Word of Wisdom helps, too!"

Inmates are Taught
Continued from pg. 9

Ghost sanctifies them, preparing them to meet our Father in Heaven. Many then feel the Spirit testify that it's true and ask to receive those ordinances.

Once their freedom is restored, many indeed enter the cleansing waters of baptism, sometimes bringing along their whole family from a situation of violence and fear into the tranquility Christ provides His disciples. Astonished by the miraculous transformation, their loved ones desire to know its cause. Soon afterward comes the opportunity to be sealed together for eternity in the temple.

For information on service opportunities in this special mission, please contact your bishop.

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One Family's Plea to JUST STOP IT and Save a Life

By Stephanie Abney
The Beehive

When 13-year-old Mark Wren ran for student body president earlier this year at Thatcher Middle School, Thatcher, Arizona, he already had a platform: reduce bullying at school. With the support of his parents, Patti and Bill Wren, a campaign called "Just Stop It!" was created.

The Wrens knew firsthand the devastating results of bullying. In the 1990s, another son, Skyler, endured relentless ridicule which tragically led to his death on April 15, 1999, at the age of 12.

Sixteen years later, Patti began sharing Skyler's story—first, as a ward Young Women's presentation, and later on a stake level. "Telling Skyler's story has set me free. It helped me release the bitterness I have been harboring for years. I know that both Skyler's life and his death have a purpose," says Patti.

As the Wrens' mission to make a difference in students' lives progresses, the campaign continues to evolve. They set up a Facebook page called "Just Stop It." People began using the #saveaskyler hashtag on social media. Both the presentations and the Facebook page offer information on how to stop bullying. The Wrens hand out bracelets to all the attendees and donate banners to the schools afterward to foster remembrance.

Just Stop It! has been heard in Thatcher, Safford, Pima and Duncan, Arizona. It has even reached Silver City, New Mexico. Thousands find support and strength visiting the online Facebook page. Others can support the Just Stop It! anti-bullying campaign by purchasing T-shirts or lanyards at https://myt.rocks/juststopit. All profits are used to purchase the bracelets and banners.

The T-shirts are bright red, Skyler's favorite color. The schools in Thatcher and Safford Middle School all held "Red Out – Save A Skyler" games in various sports. One girl from Safford started "The Skyler Bench" fundraising campaign. She hopes to put red benches in all of the middle schools in the area. The benches would be a place students could go when they feel alone, need a teacher's attention, or just wish someone would sit with them at lunch.

The Wrens are members of Thatcher 2nd Ward, Thatcher Stake. Besides Skyler and Mark, their other children include Jack, and Bryson, who is mar-

Continued on pg. 15

Photo Courtesy of the Wren family

The Wren family (back row left to right - Jack, Patti, and Bill Wren; front row Mark, Allie (Bryson's wife) and Bryson Wren) show off their Red T-shirts, #saveaskyler, Just Stop It!

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Book of Mormon to Come to Life in New Church Video Series

New project to follow pattern of Church's recently finished Bible videos

The Church of Jesus Christ of Latter-day Saints will produce a video library of scenes from the Book of Mormon, similar to the New Testament video library project that began in 2011 and finished in 2016. The first videos from this multi-year Book of Mormon videos project are scheduled to be released in 2018.

"These Book of Mormon videos will have the same purpose as the Book of Mormon itself—to bring people closer to Jesus Christ," says Elder Larry R. Lawrence, a General Authority Seventy.

"We hope the video library will build bridges of understanding and increase interest in God's word, which in turn can change hearts and inspire people to live better lives."

The Church sent out its first casting call Thursday through local leaders and the Church's Publishing Services Department. Seasoned actors, amateurs and those with little or no experience are invited to visit casting.lds.org for more information.

Filming is anticipated to begin in June 2017 at the Church's Jerusalem movie set near Goshen, Utah (about an hour south of Salt Lake City). Filming may also happen in other North American locations.

The video series will be filmed in English and are anticipated to initially be made available in additional languages.

The Book of Mormon videos will be used in Church classrooms, in missionary work and in Latter-day Saint homes for personal and family viewing. The video footage will also be available to Latter-day Saints and those of other faiths interested in using video and image assets for various noncommercial projects.

Additional project details will be available in the future.

Just Stop It
Continued from pg. 14

ried to Allie. Patti hails from Nebraska and Bill is native to Thatcher. Their family has lived in Arizona for the past 22 years.

Patti is helping Mark fulfill his promise, with gratifying results. They now are invited to speak at schools and churches.

Results from their efforts include messages of how Skyler's story has given people hope. Youth have reached out with genuine concerns. They are then directed to appropriate help, whether they are bullied, bullies, or bystanders.

Patti says, "I feel that Skyler is behind us and is cheering us on from the other side of the veil."

Photo Courtesy of the Wren family

Patti Wren shares Skyler's story with the October 2016 Youth Session of Safford Stake Conference.

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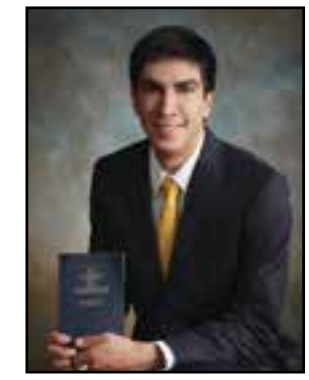

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PREP YOUR MISSIONARY

Preach My Gospel: Before the Field

Mission papers sent off? Great! Now what? There are plenty of things you can do to prepare spiritually, physically, emotionally, and financially while waiting for that all-important call packet. Check in with us for tips, tricks, and useful resources for preparing missionaries and their families.

By Allison Beckert
The Beehive

May and June see many young men and young women reach mission eligibility. Finished with school, past the minimum age requirement, their call can be on the way within a month—that is, if they finish their submission requirements and papers by then. Six months go by in a blink, especially when appointments have to be scheduled and recommendations must be submitted. This takes time, but you're not without help. You have resources at the ward and stake level as you prepare for your mission.

Wards are the first support for prospective missionaries. Leaders are there to see them through from youth programs to the call and through lifelong church service. The bishop holds the keys for departing missionaries, as he is the first authority to recommend a prospective missionary for service. He will be the one to provide the preparation checklists, and can direct you to groups or businesses that may help in delicate financial cases.

Every missionary's journey is different, especially in early stages. The same principles for effective missionary work and a successful transition to the field are taught in the Young Men and Young Women programs. For more teaching and fellowshipping practice, see the ward mission leader. Turn to him and accompany the ward missionaries in their rounds, serving the ward and the non-member community within your ward boundaries.

Photo by Sister Debbie Murset

Mesa Kimball East Stake mission preparation class, October 2016.

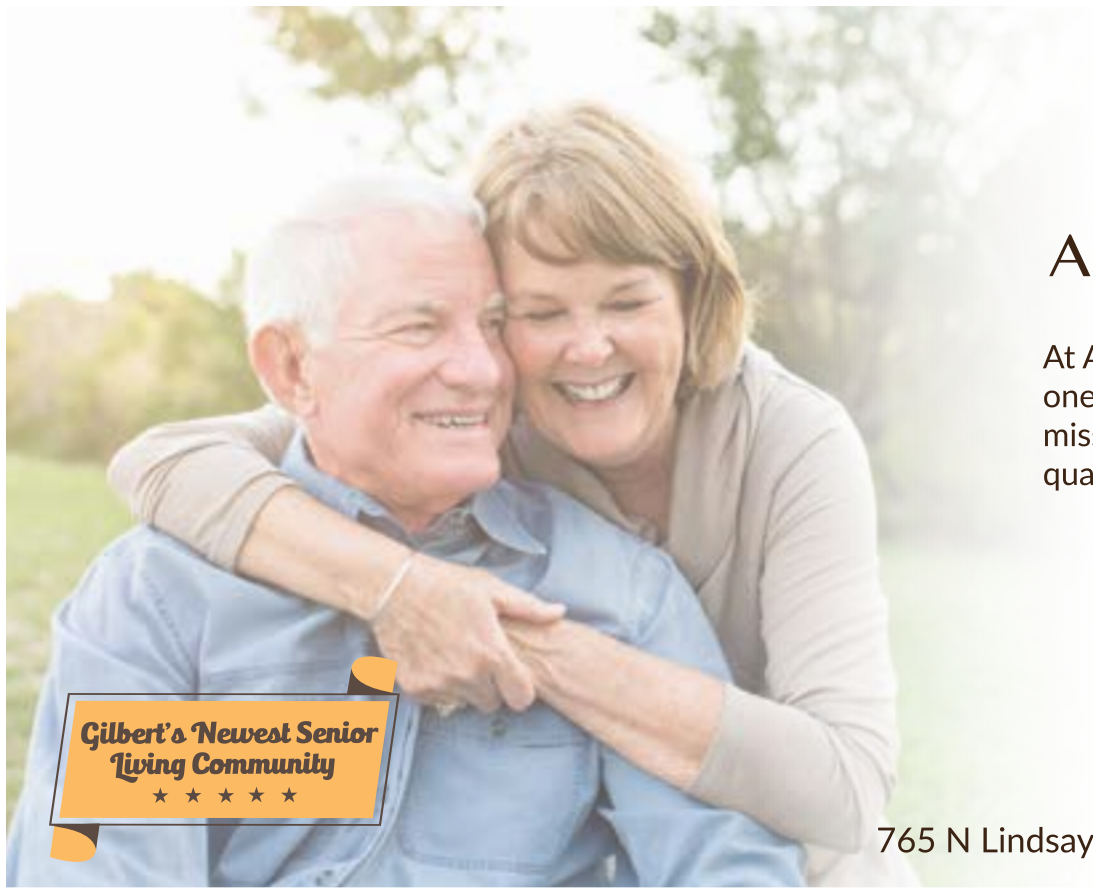
Finally, your local mission and active missionaries welcome the chance to help enthusiastic and engaged prospective missionaries. Make time to serve with them, accompany them to lessons or events to see what missionary work is really like. They may also have some suggestions about reading material, advice on skills to practice, and insights into mission leadership and organization.

Your local stake has still more resources to aid the preparing missionary. Many stakes arrange a mission preparation course. The Mesa Kimball East Stake's mission prep course is taught by Brother and Sister Murset. Like many called to teach these classes, they have been on several missions and lend their immense experience to the church-provided curriculum.

The stake is a wonderful network of talented people, and your bishop may have some recommendations as to members who can help check off items for your papers. Obviously each stake is different, but refer any difficulties you have to your bishop, mission prep teachers, and priesthood leadership. They want to help and are willing to assist you.

Family and friends should never be discounted in the process of mission preparation. Communicate with the people important to you, and ask for their emotional and spiritual support. Cultivate the relationships you want to keep, or let go the ones that need to be let go. In the last several months, many missionaries decide to cut down their romantic pursuits or frankly discuss how to keep in touch in a healthy way.

Mission preparation is a long-term project, and now is the time to work on the final checklist. Get with your bishop, schedule appointments, and set goals to give time for effective execution.



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New Music VIDEO Promotes Community Service and JustServe.org

Photo by Steve Porter

In a new music video, with scenes shot in Washington, DC, and Sedona, Michele Baer aims to raise awareness and inspire others to reach out with help and healing to "Refugees of the Heart."

By Cecily Markland Condie
The Beehive

Increasingly, there is concern for the millions of refugees from around the world who have fled from the ravages of abuse and war. Yet, says Michele Baer, of the Thayer Park Ward, Mountain View Stake, there are countless others who live in our own neighborhoods who similarly need help.

"We often forget there are millions right next door, millions of 'Refugees of the Heart' who are fighting their own secret battles every day," Michele says. "Each of us has a responsibility to look around and find those who need a helping hand in our communities."

She says the JustServe app and website (JustServe.org) provides a way to do that.

JustServe, an initiative started by the Church of Jesus Christ of Latter-day Saints, was launched in Arizona two years ago. On the site, individuals can easily find opportunities to connect and to serve within their community.

"JustServe is helping change the mindset that we have to wait for a ward or stake group to plan a project and then we will show up to serve," Michele says.

She caught the vision of JustServe when it first introduced in Arizona.

"JustServe breaks down walls and builds bridges. Doing service together in the community is key, something we need to do as the Second Coming approaches," Michele says.

Combining her passion for service with her love for music, Michele recently created a music video, to "raise awareness and encourage people to adopt 'Just Serve' as a vehicle to perform regular service."

Michele started singing harmony at age 3, has been involved in musical theater since she was 6 and started studying piano at 10. She has won several musical competitions, has released three CDs and performed nationwide as a soloist and in musicals. She graduated with a Bachelor of Arts degree from Brigham Young University, taught private voice lessons for more than 10 years and has directed many church, community and children's choirs. Also known for her public speaking, Michele is a popular presenter for Especially for Youth and has taught LDS seminary for several years.

For her most recent project, Michele used a song by Michael McLean called "Safe Harbors" and drew on the talents of videographer Steve Porter also of the Mountain View Stake.

She was a bit reluctant to shoot the video at first and worried that she might be criticized for using GoFundMe to finance the project.

"I had to put that behind me." As she focused on her goal—to motivate others to reach out to 'Refugees of the Heart' near them—"I could see I was being pushed to do this," she says. She was able to quickly raise the money for shoots in Washington, DC, and in Sedona. "Other things showed me that it was not happenstance, but that the Lord really wanted me to do this," she says.

The result is a video with "a feeling of grandeur" and a heart-warming message that encourages viewers to use JustServe to extend kindness, help and healing to those in their own communities.

The video itself is an act of service.

"It's not a moneymaker," Michele says. In fact, any additional funds she raises will be donated to JustServe organizations.

Her hope is that viewers will "be inspired and will simply choose to serve."

To view the video on YouTube, visit: https://youtu.be/REo8Dgx0eEU

For more about the GoFundMe Campaign, see https://www.gofundme.com/MusicVideoforneedy.

Beehive Book Nook

By Cindy R. Williams
The Beehive

From whodunits to historical fiction and self-help to sci-fi, The Beehive will take you cover to cover through some of the best new releases by LDS and local authors.

Author Defeats Depression & Shares His Story in Hopes of Helping Others

"Defeating Depression: One Man's Flight to Find Joy" is a book of hope designed for sufferers of depression and anxiety, and for those that love them.

The book's author, Stacy Brimhall, a member of The Church of Jesus Christ of Latter-day Saints, says this topic is important to him. "I believe anxiety and depression is far more widespread than people care to admit. There are many who suffer in silence, and far too many who give up and take their own life. Unless we start speaking out about it, the suffering will continue and will only increase," he says.

Brimhall says he first began writing the book for his children and descendants. "I wanted others who came after me, especially any who, like me, have a genetic form of mental illness, to know how their forefathers dealt with it," Brimhall says.

Brimhall's editor and publisher, Cecily Markland Condie, told him that his story could help others as well. He says, "It was a hard decision to make because the minute I went public with it, I knew I would be stigmatized, which is just another form of discrimination. But Cecily told me it would help save lives, and that was the tipping point for me. I'm okay with being stigmatized if this book can help save someone's life."

Condie says, "In his book, Stacy shares helps for others in the form of what he calls the Barbed Wire Principle, along with four 'mind ingredients' that allowed him to lift himself out of depression."

Brimhall says, "Writing the book was both therapeutic yet also very difficult! It is very hard to put yourself out there like this, especially with the current stigma associated with mental illness."

Brimhall serves on the board for a foundation called Bring Change 2 Mind (BC2M), co-founded by actress Glenn Close and David Watson. Their mission is "to start the conversation to end the stigma associated with mental illness. It's an almost impossible goal but the foundation has found compelling success so far, especially in California and New York, but our hope is to make the foundation and its mission known worldwide."

The book is currently available on Amazon and at Inglestonepublishing.com.

Author Stacy Brimhall and actress Glenn Close, a co-founder of Bring Change 2 Mind

Photo courtesy of Stacy Brimhall

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Local Family Fun!
Five Great Activities for Under $25 Per Person!

By Merry Gordon
The Beehive

We all know that carving out time for family bonding is essential. Luckily, having fun doesn't have to break the bank! So put down the remote and step away from the cell phone... if "play hard" and "save big" are both on your to-do list, these boredom busters are a guaranteed good time for everyone.

#1 Cozy up for Christmas

Running through the holiday season is Queen Creek's Schnepf Farms Winter Wonderland. While their real ice rink might put you a little over budget at $10 per session, holiday train rides and hayrides out to feed the deer are $5 each and will get you in that holly jolly mood in no time. Bonfires, weenie and marshmallow roasts and hot chocolate set the scene for winter fun.

Schnepf Farms, 24810 E Rittenhouse Rd., Queen Creek

Train & hay rides $5 each; ice skating $10 each

#2 Glitter & Glow

Glendale Glitter & Glow begins every year during Thanksgiving weekend and will run this season through January 7th. Each weekend is a block party, and with 1.5 million lights, Glendale literally glitters, complete with live music, carnival games, a snow field and petting zoo, horse drawn carriage rides and handcrafted gifts. It could be easy to break the bank here with fair food, gift buying and fun games, but just enjoying the lights, the entertainment, and the party atmosphere is free.

Downtown Glendale

Admission for lights & entertainment is free; prices vary for food, games & rides

#3 Go for Greased Lightnin'

Muscle cars and motorcycles are what you'll see at Scottsdale's weekly McDonald's Rock 'n' Roll Classic Car Show. A Valley tradition for over 20 years, this free event features hundreds of vintage vehicles from 4-8 PM every Saturday, 52 weeks a year. Whether you've got a thing for gleaming chrome and whitewall tires or are just a big Grease fan, it's a great trip back in time.

8800-9199 E. Talking Stick Way, Scottsdale

Free!

Photo courtesy of Bobek Ltd.

Pistons get you pumped? Scottsdale's McDonald's Rock 'n' Roll Classic Car Show might be the place for you.

#4 Jump, Jive and Wail

Touted as the "longest-running swing night in Arizona," the FatCat Ballroom's Swing Tuesdays will have you jumping, jiving and wailing on their 6,000 square foot wooden dance floor in no time. No experience is necessary, dances are open to participants of all ages, and you don't even need a partner. $7 will get you not only admission to the dance, but lessons and water.

Where? 131 E. Thunderbird Rd., Phoenix

$7 per person

#5 Recycle your Reads

Love reading, but don't have a book-friendly budget? Not to worry—Bookmans Entertainment Exchange has got you covered. With two Valley locations, Bookmans is a great place to recycle not only your old reads, but buy, sell and trade music, movies, video games and even housewares. Both pet- and kid-friendly, Bookmans locations are perfect for a lazy afternoon of strolling through the stacks.

1056 S. Country Club Dr., Mesa, and 8034 N. 19th Ave., Phoenix

Books are generally half the cover price or less

Photo by Kenneth Hagemeyer

Glendale Glitter and Glow lights up Murphy Park every December.

New Adult Coloring Book
Features Symbols of the Temple

Coloring book artist, Jeanette Siufanua, combined her interest in coloring and her love for the temple and its sacred symbols in a recently released adult coloring book called "Temples: Drawing on Symbols."

Artwork by Jeanette Siufanua

Photo by Liva Siufanua

Sariah (l) and Josie Siufanua enjoy the creative outlet and faith-promoting dimension of "Temples: Drawing on Symbols," a new adult coloring book that features artwork by their cousin, Jeanette Siufanua.

By Cecily Markland Condie
The Beehive

Jeanette Siufanua was immediately captivated by the mounting interest in adult coloring books. She saw this return to what is typically considered a childhood pastime as a fun way to relax and to be creative.

Soon, that interest grew from wanting to color the intricate designs or detailed pictures to wanting to actually draw those pictures herself and to use this popular new medium as a way to express her love for the temple and its rich symbolism.

She began in November and, by spring, had published a coloring book called "Temples: Drawing on Symbols."

"She wanted to combine two things she loves together," says Jeanette's sister, Belinda Bringhurst.

But, Jeanette wasn't an artist. She had no formal training and little experience.

"It is the first time I attempted to draw anything like this," she says. "I think I have surprised many people, including myself."

"It blew all of us away to see what she did," Belinda says. "It really is a gift. She felt inspired, felt it was not her doing the drawing."

"In a way, this coloring book found me," Jeanette explains. "The pictures flowed freely when I put pencil to paper. I was amazed through much of this process."

Soon Belinda was involved in the project too, serving as Research and Artistic Director and one of Jeanette's greatest fans. Their two brothers, Feleni and David Siufanua, were both out of work and joined in to help market the book, and youngest sister Liva helps with the photography.

"It's a family thing," Belinda says.

Through it, the siblings, who all live in Utah, have gained greater appreciation for the symbols of the temple.

"Each page is filled with symbols interwoven in the designs," Jeanette says. "As I drew some of the pictures, I was amazed to find that, just like the temples, there was meaning to the patterns."

Belinda says, "Discovering symbols is a very individual journey."

They considered adding a description of the symbols on each page, but decided to add a scripture reference only.

"We chose instead to allow you to discover these symbols on your own," Jeanette says.

Publishing "Temples: Drawing on

Continued on pg. 29

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Stake Heads Largest SERVICE PROJECT Ever in the Tonto National Forest

By Emily Jex Boyle
The Beehive

In a recent visit to our state, Bono, lead singer of the band U2, explained that he doesn't hesitate to use the word "awesome" in describing Arizona and its natural beauty.

I'm with Bono.

Kayaking the Salt River at sunset in Tonto National Forest with saguaros silhouetted in the foreground is one of my family's favorite pastimes. As the fifth largest national forest in the country, Tonto is one of the most-visited "urban" forests in the U.S. It sees over 5.8 million visitors annually. Aside from offering attractive backdrops and adventures, one of the national forest's primary purposes is to protect watersheds around reservoirs, which produce on average 350,000 acre-feet of water every year.

On October 22nd, National Make a Difference Day, 1,327 volunteers, including 200 scouts and 149 full-time missionaries from the Church of Jesus Christ of Latter-day Saints, gathered for a unique, family-friendly service event. The mission? To clean a seven-mile stretch of the Salt River in the Tonto area. Under the direction of President Reece Bawden, president of the Mesa Citrus Heights Stake, and under the leadership of Patrick and Julia Ryan, Stake Community Service Specialists, this community event was one for the books. 10,645 pounds of trash were removed.

Volunteers of all faiths and ages made up nine teams assigned to sections of river with its surrounding shores. The Maricopa County Sheriff's

Continued on pg. 23

Photo Courtesy of Patrick Ryan

Volunteers from one of the nine groups collecting trash in their area along the Salt River in Tonto National Forest.

Photo Courtesy of Patrick Ryan

Patrick and Julia Ryan pictured with the Williams children of the Valley View Ward, along with Smokey the Bear and Woodsy Owl.

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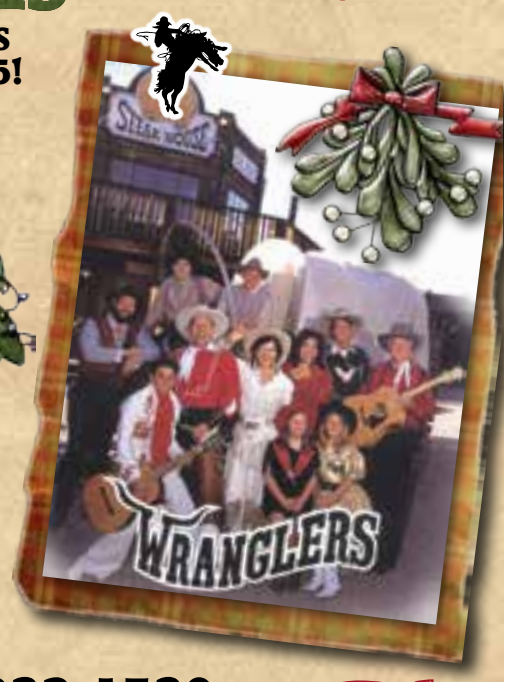

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Tonto Forest Service Project
Continued from pg. 22

department assisted in traffic control. Smokey the Bear and Woodsy Owl attended for photo opps and to give out gift bags to families. Donated food items filled bins with Ginny Hildebrand, President and CEO of the United Food Bank, in attendance thanking volunteers for their generosity. Thanks to corporate sponsors like Frito Lay, Frys, Walmart, Target, Coca Cola, Safeway, Albertsons and Home Depot, volunteers received a water bottle, chips, granola bars, and a garbage bag.

One team made up of members of the Salt River Horse Management Group used kayaks to access a more difficult stretch of the river. Simone Netherlands, founder of the group, says, "It was such an honor to be a part. The River looks clean again!"

Clean-up provided for some interesting conversation, as some of the more curious items volunteers unearthed along the awesome shores of the Salt River included a headless statue, a gingerbread house, and a lava lamp.

Families and neighbors came together to make a difference and many hands truly made for light work. Parents carried babies or held their little hands as they worked alongside older volunteers with canes. I personally watched two women wade through the river to help gather trash on the other side. One woman was supporting the older woman as they made the journey together.

Speaking of the project, Julia Ryan says, "[It] encompasses all aspects of JustServe, neighbors of all faiths working side by side to better the community."

Gary Hanna, District Ranger of Tonto National Forest, says, "This is a beautiful spot to have so close to home. It is a treasure. The two largest service events in the forest have been this project and this same event as the Ryans headed up last year."

See JustServeSaltRiver.org for more information.

Mesa Mom Facilitates Return of a RELIGIOUS BACCALAUREATE to Mesa High School

By Katherine Ogden
The Beehive

Sister Marlene Ellingson, of the Southern Estates Ward, Mesa Kimball Stake, is a busy mother of 13 children and a grandmother of 21. More recently, she was successful in an eight-year quest to bring back a religious baccalaureate, an interdenominational service to honor graduates, to our community at Mesa High School.

"My long history of attending baccalaureates with my children helped me to recognize the trend away from religious baccalaureates. My first baccalaureate, with my oldest daughter in 2001, was a wonderful service. My whole family felt the Spirit and was uplifted," says Sister Ellingson. "As years passed, I began to see less and less mention of deity. By 2007, the music included "The Prayer", but any mention of religion was practically gone now. When the time for another daughter's baccalaureate came around in 2009, there was basically no religion at all."

Sister Ellingson initially met with resistance from school administrators, she said, "but when a new principal came to Mesa High a few years later, who also found the baccalaureate to be too secular, I was again hopeful."

At this point, Sister Ellingson and her husband spoke with Mr. Baser, a government teacher on campus. "What about Vespers and the Christian Dance Club?" she asked him. Vespers is a school tradition of religious choir music sung at Christmastime. She was told that their music could be religious, due to the fact that many of the classical masterpieces were written for the Church. Additionally, since the Christian Dance Club was student-led, it could also be religious: the policy is that while school administration cannot prevent religious observance by students, administrators themselves cannot organize such observance or put it on.

Photo by Marlene Ellingson

Speaker Father Merta, Catholic Priest

In mid-January 2016, she met with the assistant principal and explained their plan to turn the event over to the students and the community, with the idea that an Interfaith Club which represented all religions could take charge of the baccalaureate. Students would run and plan the baccalaureate with the help of community and family involvement. With a few phone calls, she reached the Arizona Interfaith Council. This group, which included the city mayor, was happy to support such an endeavor.

Mr. Baser agreed to be faculty advisor to the new Interfaith Club, so along with his guidance, the students used past programs that Sister Ellingson provided as a starting point to plan their own baccalaureate. They arranged the auditions, asked parents to help decorate, set up and put on the program.

"From our community, the program included both a Sikh and a Hare Krishna prayer," says Sister Ellingson, "We got to hear the Jewish Shofar blown and a Catholic priest gave a wonderful message about finding the Creator in one's scientific education. The students spoke about God helping them throughout their high school experience, each musical number was about God and there were real, heartfelt prayers!"

"It's my hope that others can take this idea and push for more religious freedom in their own communities and schools," says Sister Ellingson, "and be able to bring this idea into fruition as we did."

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In The Mommy Zone...

By Kristie Young Fairbanks

My Third Identity Crisis

I'm confused. Once again, I need to rethink my place in society.

It all started out so subtly. A few years ago, my oldest son left our family of eight to serve a two-year church mission. It was a difficult adjustment to have him apart from us for so long, but we adapted and created new versions of ourselves without his presence and life went on.

When he returned from his mission, things were different. He'd grown and changed in incredibly miraculous ways, however, our family would never be the same.

Last summer, my second eldest son left us to serve his own two-year church mission in a far away, foreign land. This too was a monumental life-altering experience as we were forced to reshape and reshift our family dynamics a second time.

He's still currently serving, relishing every missionary minute with 11 months remaining. He too has matured, transforming in marvelous ways. His mission moments have changed our entire family for the better.

These evolving experiences have left enormous holes in our family mechanics and weighty hollows in this mother's heart, but I wouldn't want it any other way. It's the way it's meant to be.

In four short weeks, my third son will leave home, traveling to a distant and exotic land to embark upon his church mission. I'm troubled, anxiously contemplating how I'm going to reconfigure myself and our family yet a third time.

Soon, I'll wake up and half of my kids will be gone, fifty percent of my six children will have spread their wings, departing the safety and security of our family nest. It gets harder and harder to let each soar and my soul aches at the thought of letting another one go.

I desperately worry if I taught him enough, if I loved him enough, if I was mother enough.

But nonetheless, my time is running out.

My heart yearns for the days when they were all babes in my arms, when their squishy newborn-soft cheeks craved nuzzles and cuddles. Gone are the days when I rocked them to sleep, softly singing in the night, and when their chubby toddler legs ran quick for my tender embrace.

Their scrawled penpal notes on my pillow, preschool dress-up plays, stick-figured artwork plastering the refrigerator, and sticky cheek kisses are but cherished memories of the past.

As each child's stage of development passed in turn, another wide-eyed youngster would fill the void in the family gap, but alas, I have run out of children.

Now I stand on the brink yet again, with life forcing me to recreate myself once more, minus a third precious child. I can't yet envision what this new transformation will bring.

I willingly sacrificed my original identity for the cherished designation of "Mom" more than 23 years ago. My precious children are too quickly leaving, one by one, in turn, and I fear I must relinquish this treasured moniker all too soon.

Nevertheless, I knew this day would eventually come, but at what cost to this mother's heart. The fleeting role of motherhood comes with a heavyhearted price and my third son's payment is coming due soon.

But, I must remember, this is the way it's supposed to be, bittersweet investments and all. My identity crisis is worth all the risk for mothering privilege.

However, I can take solace in the fact that since my youngest daughter is only eight, my sixth and final motherhood payment isn't due for at least 10 more years!

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Family History Apps For Everyone

By Valerie Ipson
The Beehive

If you want to knock your grandparents' socks off, tell them you do family history on your phone! Then grab their device and download one of the cool new apps that are out there, and teach them how to use it.

FamilySearch has made it easy to find the latest and greatest. After signing in on FamilySearch.org, scroll to the very bottom of the page and click on "App Gallery."

There you'll find apps for every category of family history work with helps for finding, connecting, organizing, and exploring your family tree.

Next time you're at Grandma's house, try out one of the extensions of FamilySearch, the Memories app. When she starts talking about the good ol' days, snap a picture and hit record. Stories and photos can immediately be shared to the site for all your cousins to see. Currently, up to five minutes of audio can be uploaded.

If you're pursuing missing temple ordinances, start with Hope Chest. It is a downloadable app available for iPad, iPod, and iPhone that will allow you to search Family Tree from your device. It then compiles a list of needed ordinances much faster than you can just by clicking around your pedigree hunting for 'green temples.' Find how-to videos on their website: http://hopechestsoftware.com/home/videos

Photo courtesy of Find a grave

Find a grave is one of many free genealogy apps. Using the Find a Grave app, you can upload and find ancestors' graves in minutes.

Here are a few more free sites:

Grandma's Pie is a visualization tool that allows you to see where your ancestry is from at a glance. It organizes your Family Search tree data in pie chart format in order to give valuable insight about your ancestry's origins.

Tapgenes helps you collect, preserve, and share family history health information to help you care for the ones you love.

Become more familiar with your ancestors' names and faces and see how you are related to them by playing Ancestor Guru's Scrambled Ancestors game.

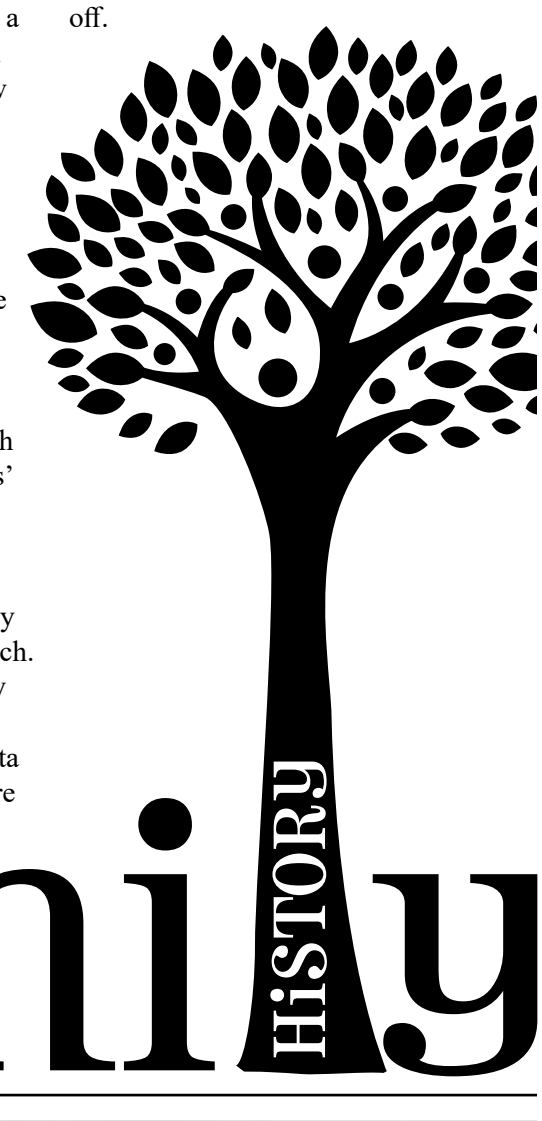
And how much fun is this? Baby Ancestry scans your ancestors and provides a list of name suggestions. Tap a name to see the people, pictures, and stories behind that name. Easily view boy names, girl names, or both.

The Find a Grave and Billion Graves apps are much more than databases of graves. If you're cemetery hopping, the apps also have a useful feature showing exactly where a cemetery is located and how long it will take to get there from your current location. With a device you can create memorials on the spot with stories and pictures of your ancestors' graves and upload immediately.

Familiar sites that you may have accessed on your computer are free phone apps as well, like Ancestry, My Heritage, and, of course, FamilySearch. All the apps listed in the App Gallery interface with Family Tree.

Whether it's a chart or general data you're after, a place to view and share stories and photos, or more sites for researching an ancestor — there's an app for that.

Final note: only your grandparents still use the phrase knock your socks off.



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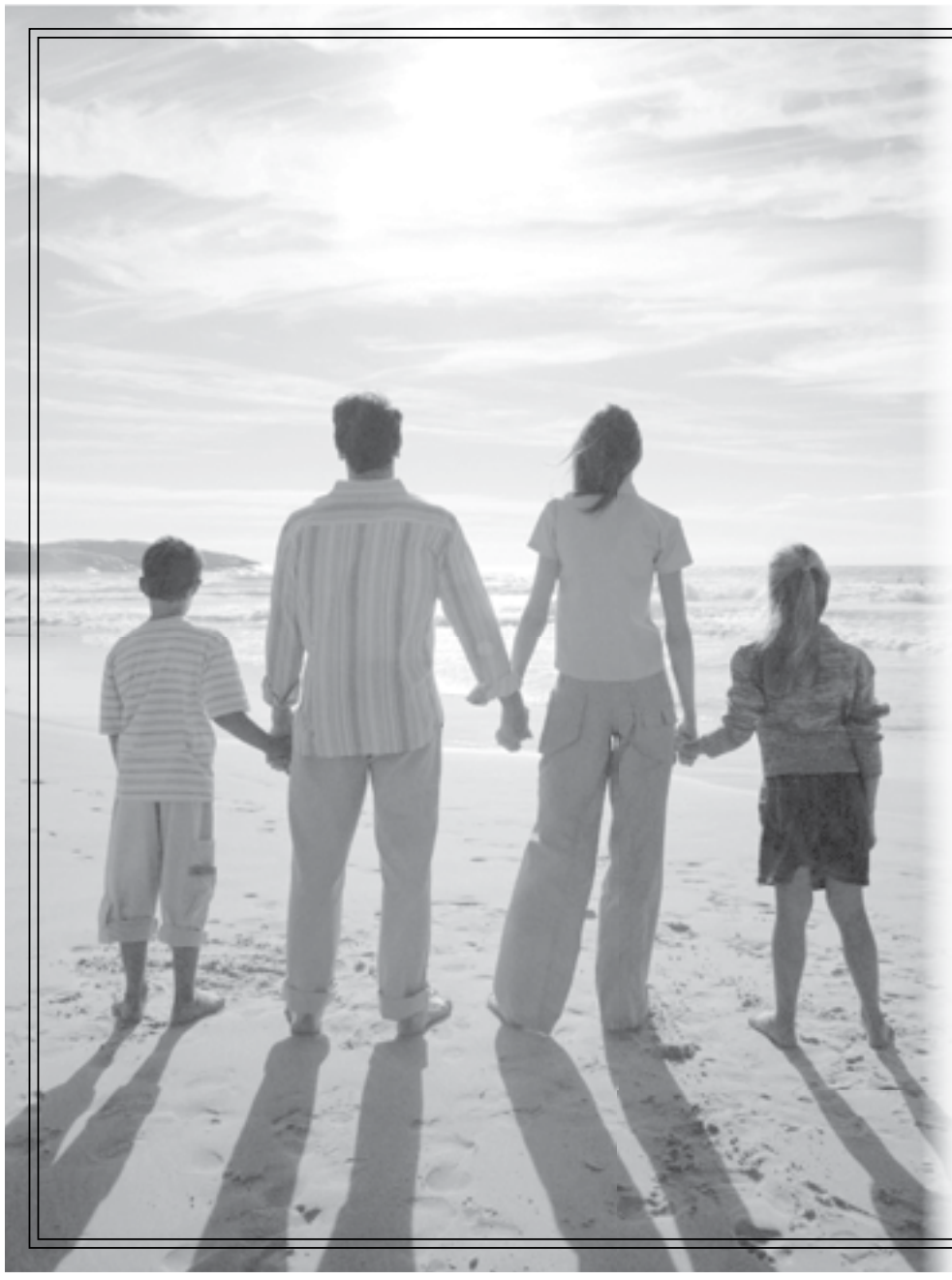

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Promotional Feature

What Happens When Two Great Photography Studios Join Forces?

Duke Photography, a Phoenix portrait studio icon for over 60 years, is merging its talents with Brandt Photography, an East Valley high quality studio known for innovation and creativity over the past 40 years.

The result is an East Valley super studio offering the finest in high school senior photography combined with super LDS missionary portraits, business, commercial, and professional imaging.

Duke Photography is a second generation family held studio, known for high school senior and family portraits. This merger will be its third location and its first time presence in the East Valley.

Photo by Candice C. Thornton, Duke & Brandt Photography

Brandt Seegmiller (L) and Darrell Duke (R) in front of the Brandt Photography Studio, recently purchased by Darrell Duke.

Brandt Photography has long been known for amazing large family groups, business and commercial photography that gets noticed, and copy and restoration of old photos made to look like authentic originals with a 200 year archival life. With high resolution green screen technology, the studio offers creative solutions for any photographic need.

What is this new studio called? Duke and Brandt Photography, of course—what else?

Darrell Duke was born and raised in Phoenix. His father, James Duke, was the original founder of Duke Photography in 1950. Darrell grew up working in the business, eventually becoming its president.

Darrell served in the Oregon Portland Mission, returning home to marry Laurie Curtis. They have five children of whom they are very proud. Laurie and Darrell are also the proud grandparents of 15 grandchildren.

Brandt Seegmiller of Brandt Photography grew up in Mesa. His parents were long time teachers who taught remedial reading, Spanish, and French. His mother was from Argentina and his father, from St. George, Utah. Brandt served an LDS mission in Bolivia and has two sons who served in Venezuela and Spain. His wife Karen is a professional musician and highly successful realtor. Together they have 8 grandchildren.

About 10 years ago, Brandt Photography and the Beehive collaborated to create a two-page color spread, honoring those who heed the call and go on missions.

The missionary section of the Beehive has become hugely popular, almost a rite of passage for those receiving mission calls.

The new studio will carry on the tradition of sponsoring the missionary section in the Beehive and providing a free retouched mission portrait for ward missionary plaques.

Duke and Brandt Photography is still serving customers at the following locations:

Duke and Brandt Photography:
156 South Mesa Drive in Mesa, AZ 85210
480-834-1400

Duke and Brandt Photography Studio & Gardens:
2810 N 7th Ave, Phoenix, AZ 85007
602 265-2605

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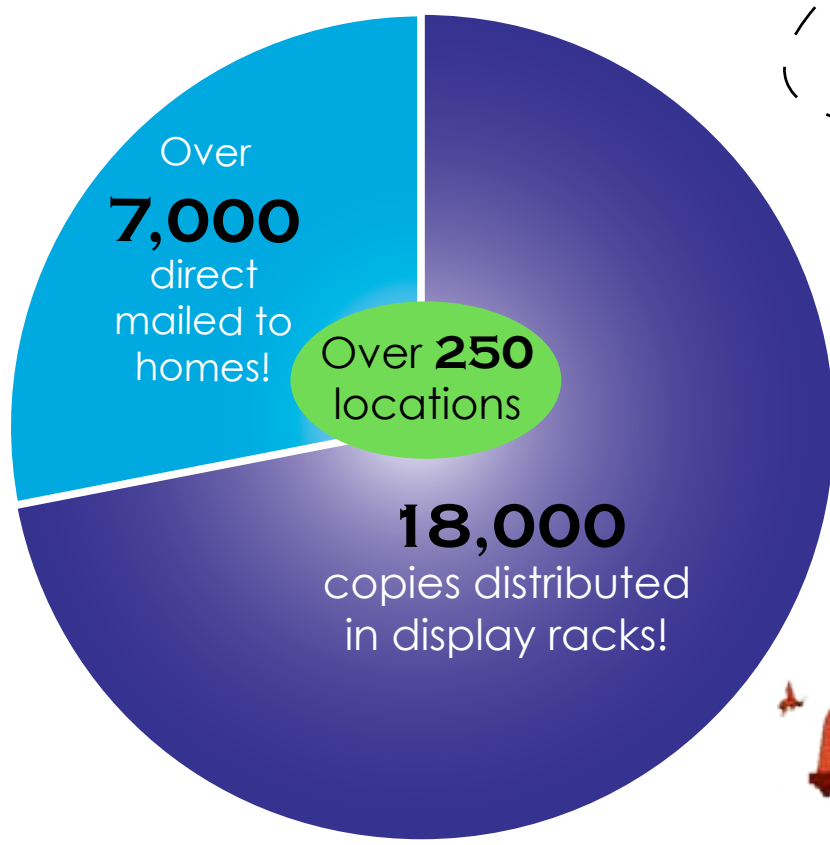

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F•H•E Corner

By Robin Finlinson
The Beehive

Tackle Your To-Do List During Family Home Evening

In his discourses, President Brigham Young said, "The religion of Jesus Christ is a matter-of-fact religion, and taketh hold of the every-day duties and realities of this life."

There are countless worthwhile things to do, and we wonder when we'll find time to do many of them. Some are fun; others are necessary drudgeries. How about occasionally incorporating them into Family Home Evening?

Instead of a sit-down-and-listen lesson, perhaps have everyone get up and take care of a few nagging things that have been put off. If the most daunting tasks could take hours to complete, set a timer for 15 minutes and get them started. That start can relieve stress immediately and propel you forward later. And a family with less stress is a happier, healthier, more loving family. After your foray into provident time management, gather together to celebrate how much better you feel.

Other good things to do together:

- Look through digital photos of family events that are waiting to be used. Choose some to print, post on social media, email to other relatives, etc.
- Videotape or record the voice of each family member sharing a memory.
- Call or Facetime with a relative you haven't spoken to for a while.
- Research one of your ancestors.
- Index a batch at familysearch.org. With help, even young children can type in names and be part of that fulfilling work.
- Write a letter/email to a missionary.
- Write memories in your journals - or on any paper you have.
- Go shopping! Collect items for food storage or 72-hour emergency kits at a local store or online. Several websites list essential items.
- Discuss your typical weekly or monthly income and expenses. Brainstorm creative ways of conserving funds.
- Organize a drawer or closet. Remove old clothes that may be donated or sold.
- Exercise.
- Prepare a healthy meal.
- Work on memorizing the Scout Oath and Law or the Young Women Theme.
- Read/discuss the First Presidency's Message in the Ensign.

Continued on pg. 29

FHE Corner
Continued from pg. 28

- For a fresh way to get several things accomplished, create a simple game board on a whiteboard, chalkboard or paper.

    1. Draw as many squares as your schedule and attention span will allow, and write whatever you want in them!

    2. Choose one small object or magnet for a game piece.

    3. Decide how you'll play:

        A. Stop at each successive square until the end.

        B. To add a bit more fun, create a circular board. Roll a die, move that number of spaces, and perform whichever activity you land on. Keep playing until you've arrived at each square.

Increase the tranquility in your home this week by tackling things on your to-do list.

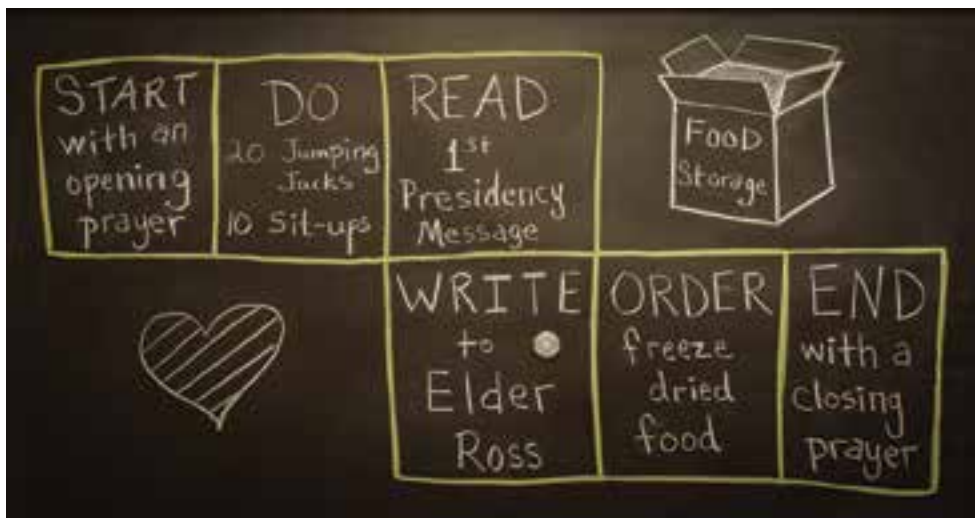
START with an opening prayer
DO 20 Jumping Jacks 10 Sit-ups
READ 1st Presidency Message
Food Storage
WRITE to Elder Ross
ORDER freeze dried food
END with a closing prayer

Photo by Robin Finlinson

Learn time management and the value of work by checking items off your to-do list this FHE.

Adult Temple Coloring Book
Continued from pg. 21

Symbols" has also taught them more about the benefits of coloring.

"It may look like a simple activity but focusing on color choice, patterns, darks and lights, texture, and movement has the ability to make 'the difficulties of life evaporate from our awareness ... It is very much like a meditative exercise,'" their website explains.

"Coloring is accessible to all skill levels. It can satisfy the need to create and helps you refocus your brain," says Belinda.

Jeanette has promoted the social aspect of coloring as well, speaking about the book's symbols at coloring book parties hosted by bookstores, libraries and assisted living centers.

The family has seen another blessing from this project. "As soon as the coloring book was published, both of our brothers got their dream job," Belinda says.

"Temples: Drawing on Symbols" is available through www.drawingonsymbols.com.

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How to Start WRITING Your Life Story (Part II)

By Ann Barnes
The Beehive

The first part of this series discussed the reasons people put off writing their life stories. Consider the following statement by President Kimball:

"People often use the excuse that their lives are uneventful and nobody would be interested in what they have done. But I promise you, that if you will keep your journals and records, they will indeed be a source of great inspirations to your families, to your children, your grandchildren and others, on through the generations…Each of us is important to those who are near and dear to us—and as our posterity read of our life's experiences, they, too, will come to know and love us."

Now it's time to get your thoughts down on paper. There are several ways to do this. One of the best ways to do this is by brainstorming. Variations on brainstorming include mind-mapping, clustering, or the bubble method, which is the one I prefer.

For any one of these techniques, you'll need a large piece of paper about 24 x 18 if you can find it. Printer paper is too small. A big tablet of newsprint or a drawing tablet works well. Look in the dollar stores for the large drawing pads for kids—the bigger the paper, the better. Use colored pencils, crayons or colored pens. Markers are a little messy but can be used as well. The point is to use color and print by hand. Printing is easier to read than messy cursive, and using colors and printing are said to help stimulate the brain.

Begin by drawing a circle in the center of the page. Make ten lines straight out from the circle, like a rough drawing of the sun. In the center circle print *My Life*, *Life Stories*, *Story Ideas* or some working idea. Without censoring your thoughts, print ten topics at the top of each line and circle them. Some topic ideas for consideration might be *Early Years*, *School Days*, *Jobs*, *Mission*, *Parents*, and *Travel*. You should have a topic for every line. If you think of more topics, draw more lines.

Writing it down is half the battle when penning your life story.

Each topic can become a subject on its own. When that happens, get another sheet of paper, draw the circle and lines again and put the subject in the middle and make a subject for each line. If this subject is school, for example, you can make topics for grade school, high school, college, sports, and so on.

Be free with your thinking and write as many thoughts as you can. You may decide not to use all the thoughts you wrote or you may decide to combine them and put them under a different bubble. These bubbles might turn into chapters in your life story.

Once you've bubbled your thoughts, it's time to start organizing them in order like chapters in a book—more on that in the next issue!

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480-396-8684

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www.ferrinelectric.com
480-892-1995

Financial

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countryfinancial.com/donald.crandell
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Genealogy / Family History

Holly Long
hollycurtislong@gmail.com
480-319-5644

Lawyers

Rowley Chapman & Barney, Ltd.
Attorneys at Law
63 E. Main St., #501
Mesa, AZ 85201
480-833-1113
www.azlegal.com

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Mesa, AZ 85207
Smithalstonlaw.com
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www.BrandtPhoto.net
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photojenicblog.net

Piano Tuning

Larry's Piano Tuning
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Mesa, AZ 85204
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www.surf-ski.com
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